



REVOLUTIONARY RESOLVE

REFLECTIONS ON FAMILY, FREEDOM, AND UNITY

I may be in Virginia, but my mind is on Massachusetts.

On April 19, 1775 — 250 years ago this month — a group of patriots there participated in the Battles of Lexington and Concord, the events that kickstarted the American Revolution. I've always been a history buff with a great affinity for this particular time in our nation's great narrative.

After all, it's a family matter for me.

The first generation of Mottleys to set foot on what would become U.S. soil arrived here from England in the late 1600s or early 1700s. One of my direct ancestors settled in Gloucester but eventually moved out west with his family to the Amelia/Nottoway County area, where they purchased a house built in the 1730s. One of my direct ancestor's relatives later served in the Continental Army and was killed at the Battle of Guilford Courthouse in North Carolina in 1781. Naturally, I'm deeply fascinated by the fact that *someone I come from* had participated in this monumental event.

Although my family sold that 1730s-era home back in 1910, it stands to this day. Back in the '70s and '80s, when it was uninhabited for a time, my cousins and I would go over there, explore the property, and peek in the windows. I've always been in love with and fascinated by that house and all the stories that must be in its walls. Although it has undergone quite a few changes and remodels over the years, it remains a symbol of my family's place in the fabric of our country.

All Americans should take time to develop a working knowledge of the American Revolution and the extraordinary spirit of liberty, economic freedom,



and rugged individualism that drove it. Just consider the wherewithal it took to accomplish the insurmountable task of winning independence from the British Empire — which was clearly an 800-pound gorilla at the time.

Major changes in human civilization occur when a relatively small group of people strongly believe in something. In the early days of the American Revolution, most people were apathetic about the cause, had much more sympathy toward the crown, or just didn't want to be bothered with fighting the good fight. Despite the odds stacked against them, our patriots had the courage to put their lives on the line to turn the tide and create a new world. That extraordinary feat must never be lost in the shifting sands of time.

Today's America is polarizing and contentious, but the intrinsic love of independence, liberty, and freedom ingrained in many of us cannot be denied or neglected. Our country isn't perfect, but our brand of freedom allows us to express ourselves in ways that would not be permissible in certain other parts of the world — and that's something always to cherish and appreciate. Differences of opinion are a part of life, but we're *Americans* who have the privilege of living in a country created by people who gave their all to provide us with the freedom to disagree. As a lawyer, there's no other place in this world I'd rather be.

This month, take some time to learn more about the Revolutionary War and its continuing meaning. I promise it will be an incredible journey. Our shared history binds us together, and I wish you moments of wonder and great discoveries as you dive into this remarkable chapter.

—Kevin Mottley

MANAGING ANXIETY IN MIDLIFE

Simple Solutions for a Calmer Mind

As we age, life's demands shift in ways that can heighten anxiety. Many older adults navigate significant changes — increased career demands, aging parents, and chronic health conditions. Hormonal shifts associated with aging, especially among women, can also amplify stress and unease. Common symptoms include irritability and panic, insomnia, trouble with memory and focus, and digestion problems. Fortunately, there are strategies to help you regain control and maintain your well-being.

Practice mindfulness and relaxation techniques.

Mindfulness techniques encourage you to focus on the present moment, which can counteract racing thoughts and reduce feelings of worry. Mindfulness-based practices include

meditation, deep breathing, and yoga. Even a few minutes of daily practice can make a big difference.

Stay physically active.

Physical activity releases endorphins, which improve mood and reduce stress. Activities like walking, swimming, and tai chi can be ideal for older adults, as they are gentle on the body while providing mental health benefits. Aim for 30 minutes of activity most days of the week.

Maintain social connections.

Strong social ties are one of the most significant predictors of contentment. Reaching out to friends, family, and community groups reduces feelings of isolation and can help manage anxiety. Consider joining a book club,

taking a class, or volunteering — these help foster meaningful connections while keeping your mind engaged.

Seek professional support.

If anxiety feels unmanageable, speaking with a therapist or counselor can help. Cognitive behavioral therapy is beneficial for anxiety, as it enables you to identify and reframe negative thought patterns. In some cases, a medical provider can prescribe helpful medication.

Experiencing anxiety in your 50s and 60s is more common than you think, but it's also manageable. Taking proactive steps today can lead to a calmer, more confident tomorrow.



Words for Juliet and Danielle

OUR TEAM'S ADMINISTRATIVE ACES

Many special occasions take place this time of year, but few excite me more than Administrative Professionals Day on April 23.

If you had the team I have by my side every day at work, you'd be looking forward to it, too. I'm fortunate to have two invaluable administrators here at the firm celebrating their fifth anniversaries with us this year. Although no words can truly describe how critical they continue to be to our success, I'd like to tell you a little bit about what makes them so special.

When you call our firm, you'll often hear Juliet Markowitz's friendly voice on the other end of the phone. As our front desk legal administrative assistant, she displays a positive and supportive demeanor with everyone she encounters. I can't tell you how many times I've had people mention to me how much they appreciated and enjoyed interacting with her. You know things are working right when you hear that!

Danielle Angell is a natural-born paralegal — she's one of those people who just *gets it*. There have

been numerous times when she'll chime in with great ideas when the rest of us were sitting around and scratching our heads over what to do about a certain issue. She gets things done without being told specifically what to do. I'll often say, "We need to do this," and she'll immediately say, "Oh, I've already done that!"

I honestly don't know how my firm ever existed without Juliet and Danielle! Anyone who works with us — be it other lawyers or current or potential clients — knows how important they are in making our business operate on a daily basis. I'm thankful every day for the work they do — and the attitude with which they do it.

Happy Administrative Professionals Day, Juliet and Danielle! We're a better firm — and I'm a better attorney — because of you.

—Kevin Mottley





Financial Pitfalls and Medical Mazes

The Legal Labyrinth of Large-Truck Accidents

Although automobile accidents are rarely smooth and stress-free, few events are more upsetting or potentially devastating than a collision with a semitruck or tractor trailer.

In addition to potentially dealing with severe and chronic injuries, victims of large-truck accidents face unique legal challenges that can add layers of strain to an already arduous ordeal. Here are the basics to consider if you or someone you know is involved in a large-truck accident.

Never ignore chronic pain.

Considering the size of many of the trucks involved in these collisions, it's no surprise that severe injuries are common. Unfortunately, some victims choose to overlook potential accident-related health issues — including chronic pain — and don't pursue the legal remedies they deserve. These are just a few of the injuries that often result in chronic pain:

- Traumatic brain injuries
- Injuries to the shoulders, back, or hips
- Neck injuries, including whiplash
- Sprains, strains, and other soft tissue damage
- Herniated discs and other spinal injuries
- Myofascial pain syndrome (MPS)

If you sustained these injuries through no fault of your own, you may be entitled to compensation from the truck driver's insurer. That said, it's time for a few words of warning.

Don't sign on the dotted line!

Virginia is an at-fault state. As such, you can file a claim against the at-fault party's insurer for your injury and damaged property. When accidents of this nature occur, it is common for the at-fault driver's insurer to request that you sign a medical release form to permit it to access your records to determine the amount owed to you. We strongly recommend *not* signing this form before you've had an opportunity to discuss the matter with us.

Insurance companies are for-profit entities and often use accident victims' medical records to find loopholes that will save them money. As just one example of these companies' tactics, they may uncover a preexisting condition in your records they can exploit to reduce your payout. Additionally, the full extent and severity of injuries sustained in large-truck accidents are not always known in the days or weeks following the collision, leading critical health concerns to go unaddressed until after the claim is settled.

Please contact us for further guidance on addressing injuries sustained in these severe and potentially life-altering accidents.

—Kevin Mottley

9	4				8	6		
3					6		9	
		7	5	9				
						5	3	
		4		1		7		
	2	3						
				4	7	8		
	6		3					1
		9	6				7	5

SUDOKU

5	2	1	2	1	8	9	8	4
1	6	8	1	8	6	9	8	4
7	6	3	5	2	9	4	1	8
2	5	1	9	4	7	8	6	3
8	2	3	7	6	5	4	1	9
6	9	4	6	1	3	7	2	5
1	7	6	2	4	2	9	5	3
5	9	4	3	8	2	7	6	1
6	1	7	5	9	4	3	8	2
3	8	5	2	7	6	1	9	4
9	4	2	1	3	8	6	5	7



GINGER VEGGIE STIR FRY

Inspired by AllRecipes.com

With delicious vegetables seasoned with tangy ginger, this recipe is sure to please vegans and meat-eaters alike!

INGREDIENTS

- 4 tbsp vegetable oil, divided
- 2 tsp fresh chopped ginger root, divided
- 2 cloves garlic, crushed
- 1 tbsp cornstarch
- 1 small head broccoli, cut into florets
- 3/4 cup julienned carrots
- 1/2 cup snow peas
- 1/2 cup halved green beans
- 3 tbsp water
- 2 tbsp soy sauce
- 1/4 cup chopped onions
- 1/2 tsp salt

DIRECTIONS

1. In a large bowl, mix 2 tbsp vegetable oil, 1 tsp ginger, garlic, and cornstarch.
2. Add broccoli, carrots, snow peas, and green beans, and toss lightly.
3. Heat the remaining oil in a large skillet or wok over medium heat. Add the vegetables and cook for 2 minutes.
4. Stir in water and soy sauce. Add onion, salt, and the remaining ginger; cook and stir until the vegetables are crisp and tender.



The Mottley Law Firm

8001 Franklin Farms Drive, Suite 125
Richmond, Virginia 23229

PRST STD
US POSTAGE
PAID
BOISE, ID
PERMIT 411

INSIDE THIS ISSUE

www.MottleyLawFirm.com | (804) 823-2011

- 1 History's Hopeful Heritage
- 2 Your Guide to Conquer Anxiety
A Special Day for Stellar Pros
- 3 Critical Lessons in Liability
Ginger Veggie Stir Fry
- 4 Escape to Paradise: Savoring the
Beauty and History of Antigua

Journey Through Time

DISCOVER THE ENDLESS BEACHES AND VIBRANT CULTURE OF ANTIGUA

Can you imagine escaping to a tropical island where you can visit a different beach every day for a year without ever seeing the same one twice? It's not a fantasy. It's Antigua.

Antigua has long been known for its 365 beaches, from Halfmoon Bay's silvery sands to Galley Bay Beach's surfing waves. Unique for its history and native crafts, this eastern Caribbean island is rich in recreational and cultural attractions, as well as natural beauty.

Christopher Columbus encountered Antigua in 1493, and the British subsequently colonized the island and neighboring Barbuda in the 1600s. Barbuda was originally planned as a slave-breeding colony, but the enslaved people brought to the island rebelled against colonial

rule. After years of domination by the United Kingdom, Antigua and Barbuda achieved independence as a single nation in 1981.

Although Antigua covers only 108 square miles, it has a rich history and cultural traditions. Nelson's Dockyard National Park offers archaeological sites and more than 12 miles of hiking trails. The 8th of March Project commemorates the lives of enslaved and free Africans who labored on the docks for centuries. Energetic hikers can make their way up a steep trail to Shirley Heights, 492 feet above sea level, to enjoy a panoramic view across the sea.

Among Antigua's unique attractions is the centuries-old artisan craft of forming tamarind

seeds into jewelry and home decor. The island is also home to one of the rarest fruits in the world, the Antigua black pineapple, which is sweet and delicious sliced fresh or in jelly form. Also, a weekly archaeological tour called "Rum in the Ruins" offers a history of the sugar trade and the island's famous rum.

Antigua's Summer Carnival is one of the most popular in the world. The celebration began when people took to the streets in 1834 to celebrate the emancipation of enslaved people and independence from England. Visitors to the Carnival today can enjoy wildly colorful costumes and 10 days of music, dancing, and parades. Among the most memorable experiences are steel band competitions playing calypso and soca music.